

WEEKS TWO & THREE: DETOX

8 9 10 11 12 13 14

Supplement Facts
Serving Size 1 AM and 1 PM pack • Each AM pack Contains: 2 tablets and 3 capsules
Each PM pack contains 3 capsules and 1 tablet
Servings Per Container 7

Amount Per Serving	%DV
Niacin.....	6.7 mg 34%
Calcium (from Calcium Krebs†).....	150 mg 15%
Iodine (from Potassium Iodide).....	50 mcg 33%
Magnesium (from Magnesium Krebs†).....	63 mg 16%
Zinc (from Zinc Krebs†).....	6 mg 40%
Selenium (from Selenium Krebs†).....	67 mcg 98%
Copper (from Copper Krebs†).....	0.4 mg 21%
Manganese (from Manganese Krebs†).....	10 mcg 500%
Chromium GTF.....	100 mcg 83%
Molybdenum (from Molybdenum Krebs†).....	17 mcg 22%
Potassium (from Potassium Krebs†).....	33 mg 1%
N-Acetyl-L-Cysteine.....	500 mg *
Taurine.....	500 mg *
Choline (from Choline Bitartrate).....	470 mg *
Wasabia japonica.....	200 mg *
(rhizome) (Providing 300 mcg of isothiocyanates as Allyl ITC, 3-butenyl ITC, and 4-pentenyl ITC)	
Broccoli powder.....	200 mg *
(sprout) (BroccoPhane™) (Standardized to 800 mcg of sulforaphane)	
Milk Thistle Herbal Extract.....	250 mg *
(seed) (Silybum marianum [L.] Gaertn.) Standardized to provide 200 mg of silymarin	
Milk Thistle (seed).....	100 mg *
(non-standardized)	
Inositol.....	100 mg *
Lecithin Granules (from soy).....	50 mg *
Betaine (from Betaine HCl).....	38 mg *
Dandelion (leaf) Taraxacum officinalis.....	33.3 mg *
Turmeric (rhizome) Curcuma longa.....	33.3 mg *
Milk Thistle (seed) Silybum marianum.....	33.3 mg *
Globe Artichoke (leaf) Cynara scolymus.....	33.3 mg *
L-Methionine.....	510 mg *
Silicon.....	0.7 mg *
Vanadium (from Vanadium Krebs†).....	25 mcg *
Boron (from Boron Citrate).....	33 mcg *
Free Form Amino Acids.....	600 mg *
Proprietary Blend.....	
L-Arginine, L-Ornithine, L-Glutamic Acid, L-Aspartic Acid, L-Lysine, Glycine, L-Leucine, L-Valine, L-Threonine, L-Methionine, L-Alanine, L-Serine, L-Tyrosine, L-Cysteine, L-Isoleucine, L-Proline, L-Histidine, L-Phenylalanine.	

*Daily Value not established.

Other ingredients: Cellulose, gelatin (capsule), vegetable stearate and silica.
†Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex
Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Supplement Facts
Serving Size 1 AM and 1 PM pack • Each AM pack contains 4 capsules and 1 tablet
Each PM pack contains 3 tablets and 2 capsules
Servings Per Container 7

Amount Per Serving	%DV
Thiamine.....	75 mg 5,000%
Riboflavin.....	30 mg 1,765%
(as Riboflavin, 5 Phosphate and Riboflavin)	
Vitamin C (Ascorbic Acid).....	1,000 mg 1,667%
Niacin/Niacinamide.....	56.6 mg 283%
Vitamin B-6 (as Pyridoxal-5-Phosphate).....	20 mg 1,000%
Folate (as L-methylfolate, Metafolin®).....	400 mcg 100%
Vitamin B-12 (as methylcobalamin).....	500 mcg 8,333%
Biotin.....	500 mcg 167%
Pantothenic Acid.....	50 mg 500%
(Vitamin B-5, as d-calcium pantothenate)	
Selenium.....	100 mcg 143%
(as Selenomethionine)	
Wasabia japonica.....	400 mg *
(rhizome) (Providing 600 mcg of isothiocyanates as Allyl ITC, 3-butenyl ITC, and 4-pentenyl ITC)	
Broccoli powder.....	400 mg *
(sprout) (BroccoPhane™) (Standardized to 1,600 mcg of sulforaphane)	
N-Acetyl-L-Cysteine.....	1,000 mg *
Dietary Sulfur.....	500 mg *
Choline (from Choline Bitartrate).....	470 mg *
Garlic (bulb) (Pure Gar®).....	250 mg *
Alpha-Lipoic Acid.....	100 mg *
Bioflavonoid Complex.....	100 mg *
Inositol.....	100 mg *
Parsley (leaf).....	100 mg *
L-Glutathione.....	50 mg *
Lecithin Granules (from soy).....	50 mg *
Intrinsic Factor (from porcine).....	20 mg *
Betaine (from Betaine HCl).....	38 mg *
Dandelion (leaf) Taraxacum officinalis.....	33.3 mg *
Turmeric (rhizome) Curcuma longa.....	33.3 mg *
Milk Thistle (seed) Silybum marianum.....	33.3 mg *
Globe Artichoke (leaf) Cynara scolymus.....	33.3 mg *
L-Methionine.....	10 mg *

*Daily Value Not Established.

Other ingredients: Gelatin (capsule), cellulose, vegetable stearate, silica, stearic acid and rose hips.

WEEK FOUR: REPAIR

22 23 24 25 26 27 28

Supplement Facts
Serving Size 2 Packs • Each Pack Contains: 2 tablets, 1 softgel and 2 capsules
Servings Per Container 7

Amount Per Serving	%DV
Calories.....	16
Calories from Fat.....	16
Total Fat.....	1.8 g 3%
Vitamin A.....	7,500 IU 150%
(33% as Vitamin A Palmitate [2,500 IU]/ 67% [5,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids††	
Vitamin C.....	700 mg 1,167%
(as Ascorbic Acid/Ascorbyl Palmitate/ Calcium and Magnesium Ascorbate complex)	
Vitamin D-3.....	500 IU 125%
Vitamin E.....	200 IU 667%
(natural, as d-alpha tocopheryl plus mixed tocopherols)	
Thiamine.....	50 mg 3,333%
Riboflavin.....	25 mg 1,471%
Niacin/Niacinamide.....	95 mg 475%
Vitamin B-6.....	50 mg 2,500%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Folate (as L-methylfolate, Metafolin®).....	400 mcg 100%
Vitamin B-12 (methylcobalamin).....	63 mcg 2,100%
Biotin.....	150 mcg 50%
Pantothenic Acid (as d-Calcium Pantothenate).....	250 mg 2,500%
Calcium (as Calcium Citrate/Ascorbate Complex).....	250 mg 25%
Iodine (from Kelp).....	100 mcg 67%
Magnesium.....	250 mg 63%
(as Magnesium Aspartate/Ascorbate Complex)	
Zinc (as Zinc Amino Acid Chelate).....	12.6 mg 84%
Selenium (as Selenium Krebs†/Kelp complex).....	100 mcg 143%
Copper (as Copper Amino Acid Chelate).....	1 mg 50%
Manganese (as Manganese Aspartate Complex).....	5 mg 250%
Chromium.....	100 mcg 83%
(Organically bound with GTF activity—low allergenicity)	
Molybdenum (as Molybdenum Krebs†).....	25 mcg 67%
Potassium (as Potassium Aspartate Complex).....	50 mg 1%
L-Glutamine.....	1,000 mg *
EPA (Eicosapentaenoic acid).....	8.6 Billion CFU *
DHA (Docosahexaenoic acid).....	3.8 Billion CFU *
Lutein (natural).....	340 mg *
Lycopene (natural).....	3 mg *
Zeaxanthin.....	3 mg *
Inositol.....	1 mg *
Trace Elements (from Sea Vegetation).....	approx. 50 mcg *
Choline (from Choline Citrate/Bitartrate).....	30 mg *
PABA (para-aminobenzoic acid).....	25 mg *
Boron (as Boron Aspartate/Citrate complex).....	0.75 mg *
Vanadium (as Vanadium Krebs†).....	25 mcg *

Other ingredients: Cellulose, ultra refined fish oil concentrate (from sardine, anchovy and mackerel), gelatin, vegetable stearate, silica, glycerin, water, rosemary extract, ascorbyl palmitate, mixed tocopherols, ethylcellulose, coconut oil, ammonium hydroxide, sodium alginate and stearic acid.
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Metabolic Rejuvenation

Prepare Detox Repair
A 28 Day Program

A Dietary Supplement

4 Bottles

WEEK ONE: PREPARATION

1 2 3 4 5 6 7

Supplement Facts
Serving Size 2 packs • Each Pack contains 4 capsules
Servings Per Container 7

Amount Per Serving	%DV
Total Carbohydrate.....	2 g <1%
Dietary Fiber.....	2 g 8%
Vitamin C.....	60 mg 100%
Magnesium.....	336 mg 84%
(from Magnesium Citrate)	
Proprietary Blend.....	2,740 mg *
Psyllium Seed Husks (milled), Citrus Pectin, Acidophilus (dairy free, freeze-dried), Bifidus (dairy free, freeze-dried), Artichoke (leaf), Cellulose, Bentonite Powder, Magnesium Citrate, Psyllium Powder, Barley (leaf), Chlorella, Garlic (bulb) (deodorized, Pure-Gar®), Lactobacillus Acidophilus (minimum of 10 billion C.F.U./gram), Bromelain, Celery Powder (seed), Aloe Vera Powder (leaf), Prune Concentrate (fruit),	
Mint (leaf), Flax Powder (seed) and Anise (seed).	

*Daily Value not established.

Other ingredients: Gelatin (capsule), cellulose and vegetable stearate.

Manufactured in the USA by:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205 USA
www.douglaslabs.com
1.800.245.4440

Suggested Usage: As a dietary supplement, adults take as directed on each individual bottle or as directed by your healthcare professional.
Week 1 - take 2 packs daily
Week 2 and 3 - take 1 AM and 1 PM pack daily
Week 4 - take 2 packs daily

KEEP OUT OF REACH OF CHILDREN.
For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity)
Tamper resistant package, do not use if outer seal is missing.

Component #BX-28DAYDETOX
Formula #65901-56X